## SNAP

STANFORD

NUTRITION

A C T I O N

PPOGRAM

STANFORD CENTER

FOR RESEARCH IN

DISEASE PREVENTION

## Table of Contents

## Introduction Lesson 3 Milk and Foods from Milk i | Stanford Nutrition Action Program Background **Getting Started** 3-1 | Teaching Tips 1 | Getting Started 3-2 | Lesson Outline About the format of the SNAP curriculum 3-3 | Materials Checklist | Lesson preparations 3-4 | Lesson Plan | Tips for teaching nutrition to 3-26 | Lesson 3 Preparations low-literate adults Student Handouts | Nuts and bolts of interactive teaching Lesson 4 | Tips for student goal setting Fats and Label Reading Nutrition readings and resources 10 | Glossary of key fat-related nutrition terms 4-1 | Background **SNAP Class Evaluation form** 4-1 | Teaching Tips 4-2 Lesson Outline **SNAP Student Survey form** The SNAP Student Survey 4-3 | Materials Checklist 4-4 Lesson Plan Lesson 1 **Lesson 4 Preparations** All about Meat Fat Student Handouts Background Lesson 5 1-1 | Teaching Tips Sweets, Snacks, and Desserts 1-2 **Lesson Outline** 1-3 Materials Checklist 5-1 | Background 5-1 1-4 | Lesson Plan **Teaching Tips** 1-28 | Lesson 1 Preparations 5-2 **Lesson Outline Student Handouts** 5-3 | Materials Checklist 5-4 | Lesson Plan Lesson 2 5-24 | Lesson 5 Preparations Plant Foods: Eating More Is Eating Better **Student Handouts** | Background Lesson 6 2-1 Teaching Tips **Eating Away from Home and Meal Planning** 2-2 | Lesson Outline 2-3 | Materials Checklist 6-1 | Background 2-4 Lesson Plan 6-1 | Teaching Tips 2-26 Lesson 2 Preparations 6-2 | Lesson Outline **Student Handouts** 6-3 | Materials Checklist 6-4 | Lesson Plan 6-21 Lesson 6 Preparations

**Student Handouts**